

Sensory Processing Red Flag Behaviors Checklist

THE AUDITORY SYSTEM

- Exhibits extreme reactions (crying, screaming, running away) or significant difficulty with tolerating sudden noises, specific noises, crowds, and/or loud noises
- Startles easily and becomes agitated in noisy environments
- Appears distracted by all sounds
- Covers ears even at the anticipation of a sound or in uncertain/unfamiliar environments
- Has difficulty responding to and following directions presented verbally
- Makes constant noises (singing, humming, clicking)
- Fails to respond when name is called
- Tends to use a loud speaking voice

THE ORAL SENSORY & OLFACTORY SYSTEMS

- Seems very reluctant to try new foods or is known as an extremely picky eater
- Exhibits extreme resistance to oral sensory experiences like brushing teeth
- Refuses to use utensils to eat
- Chokes or gags while eating or brushing teeth
- Seems to be constantly biting, chewing on, or mouthing hands, clothing, fingers, toys, and other objects
- Bites others
- Constantly makes mouth noises, such as clicking, buzzing, and/or humming
- Stuffs mouth with food at mealtimes
- Has difficulty with chewing or drinking from a cup or straw
- Displays constant movements of the mouth, such as moving tongue, tapping teeth, and/or rubbing lips
- Has strong aversions to certain smells (food or non-food)
- Seeks out specific smells regardless of safety (food or non-food)
- Frequently smells non-food objects

THE PROPRIOCEPTIVE SYSTEM

- Colors/writes with heavy pressure or not enough pressure
- Pushes others and/or plays aggressively
- Does everything with 100% force, not grading the force of movements adequately
- Crashes/falls on the floor constantly throughout the day
- Has difficulty with body awareness, such as running into objects or others
- Appears tired or sluggish, such as slumping and leaning

